

**December 2021**

**HOT MEALS-Montgomery County**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1) Hamburger on Whole Wheat Bun, Baked Beans, Carrots, Applesauce</p> <p>OR</p> <p>Turkey &amp; Swiss on Whole Wheat, Cole Slaw, Applesauce</p> <p><i>Vegetarian: Sweet &amp; Sour Veggies w/Rice</i></p>	<p>2) Cranberry Dijon Chicken, Rosemary Potatoes, Cabbage, Whole Wheat Roll, Pineapples</p> <p>OR</p> <p>Tuna Salad on Whole Wheat Pita, Green Pea Salad, Pineapples</p> <p><i>Vegetarian: Mac &amp; Cheese</i></p>	<p>3) Baked Cod w/Newburg Sauce, Confetti Rice, Mixed Vegetables. Whole Wheat Bread, Fruit Cocktail</p> <p>OR</p> <p>Turkey Salad on Whole Wheat, Black-Eyed Pea Salad, Fruit Cocktail</p> <p><i>Vegetarian: Vegetarian Stew</i></p>
<p>6) Sweet &amp; Sour Turkey Meatballs, Rice Medley, Broccoli, Whole Wheat Roll, Fresh Fruit</p> <p>OR</p> <p>Roast Beef &amp; Swiss on Whole Wheat, Beets w/Citrus Dressing, Fresh Fruit</p> <p><i>Vegetarian: Alfredo Penne w/Broccoli</i></p>	<p>7) Spaghetti w/Meat Sauce on Whole Grain Penne, Green Beans, Whole Wheat Bread, Sliced Apples</p> <p>OR</p> <p>Lemon Pepper Tuna Salad on a Kaiser, Green Pea Salad, Sliced Apples</p> <p><i>Vegetarian: Stuffed Shells</i></p>	<p>8) Oven Fried Chicken, Black-Eyed Peas, Mixed Greens, Whole Wheat Bread, Tropical Fruit</p> <p>OR</p> <p>Turkey &amp; Cheese on Whole Wheat, Tex-Mex Pasta Salad, Tropical Fruit</p> <p><i>Vegetarian: Mac &amp; Cheese</i></p>	<p>9) Panko Breaded Pollock, Crispy Potatoes, Harvard Beets, Dinner Roll, Fresh Fruit</p> <p>OR</p> <p>Zesty Baja Chicken Salad on Whole Wheat, Carrot-Raisin Salad, Fresh Fruit</p> <p><i>Vegetarian: Veggie Burger</i></p>	<p>10) Salisbury Steak w/Gravy, Mashed Spiced Yams, Green Peas, Whole Wheat Roll, Applesauce</p> <p>OR</p> <p>Turkey Pasta Salad, Chickpea Salad, Whole Wheat Roll, Applesauce</p> <p><i>Vegetarian: Veggie Fried Rice</i></p>
<p>13) Beef Tamale Stew, Roasted Diced Potatoes, Spinach, Cornbread Muffin, Fruit Cocktail</p> <p>OR</p> <p>Turkey &amp; Cheese on a Kaiser, Copper Pennies, Fruit Cocktail</p> <p><i>Vegetarian: Veggie Burger</i></p>	<p>14) Honey-Balsamic Chicken Leg Quarter, Braised Lentils, Mixed Vegetables, Whole Wheat Bread, Tropical Fruit</p> <p>OR</p> <p>Egg Salad on Whole Wheat, Confetti Corn Salad, Tropical Fruit</p> <p><i>Vegetarian: Vegetarian Chili</i></p>	<p>15) <b>Holiday Feast from Tom &amp; Ray's Reservations are required and space is limited.</b></p>	<p>16) Teriyaki Meatballs, Confetti Rice, Carrots, Dinner Roll, Pineapples</p> <p>OR</p> <p>Turkey Salad on Whole Wheat Pita, Pasta Salad, Pineapples</p> <p><i>Vegetarian: Mac &amp; Cheese</i></p>	<p>17) Chicken Patty on Whole Wheat Bun, Corn Casserole, Green Peas, Mandarin Oranges</p> <p>OR</p> <p>Chicken Pasta Salad, Three Bean Salad, Whole Wheat Roll, Mandarin Oranges</p> <p><i>Vegetarian: Vegetarian Stew</i></p>

<p><b>20)</b> Fiesta Chicken, Cilantro Lime Rice, Mexicali Blend, Whole Wheat Bread, Mandarin Oranges</p> <p>OR</p> <p>Roast Beef &amp; Cheddar on Whole Wheat, Patriotic Bean Salad, Mandarin Oranges</p> <p><i>Vegetarian: Alfredo Penne &amp; Broccoli</i></p>	<p><b>21)</b> Roast Beef w/Gravy, Garlic Mashed Potatoes, Glazed Carrots, Dinner Roll, Tropical Fruit</p> <p>OR</p> <p>Honey-Mustard Chicken Breast on a Kaiser Roll, Pasta Salad, Tropical Fruit</p> <p><i>Vegetarian: Stuffed Shells</i></p>	<p><b>22)</b> BBQ Beef Patty on Whole Wheat Bun, Baked Beans, Mixed Vegetables, Diced Peaches</p> <p>OR</p> <p>Turkey &amp; Cheese on Whole Wheat, Couscous Salad, Diced Peaches</p> <p><i>Vegetarian: Mac &amp; Cheese</i></p>	<p><b>23)</b> <i>Cranberry-Dijon Chicken, Au Gratin Potatoes, Mixed Vegetables, Whole Wheat Roll, Ambrosia Salad, Holiday Dessert</i></p> <p>OR</p> <p><i>Egg Salad on Whole Wheat, Mexican Coleslaw, Ambrosia Salad</i></p> <p><i>Vegetarian: Veggie Burger</i></p>	<p><b>24) Offices Closed</b></p> 
<p><b>27)</b> Potato Crusted Fish, Mac &amp; Cheese, Herbed Green Beans, Dinner Roll, Peaches</p> <p>OR</p> <p>Turkey &amp; Cheese on Whole Wheat, Copper Pennies, Peaches</p> <p><i>Vegetarian: Veggie Burger</i></p>	<p><b>28)</b> Honey BBQ Chicken Leg Quarter, Baked Beans, Cabbage, Whole Wheat Bread, Tropical Fruit</p> <p>OR</p> <p>Tuna Salad on Whole Wheat Pita, Green Pea Salad, Tropical Fruit</p> <p><i>Vegetarian: Vegetarian Chili</i></p>	<p><b>29)</b> Beef Ziti Bake, Mixed Greens, Whole Wheat Bread, Hot Spiced Fruit</p> <p>OR</p> <p>Turkey &amp; Cheese on Whole Wheat, Apple Slaw, Mandarin Oranges &amp; Pineapple</p> <p><i>Vegetarian: Sweet and Sour Veggies w/Rice</i></p>	<p><b>30)</b> <i>Turkey &amp; Pineapple Glaze Black-eyed peas Cabbage Cornbread Muffin w/Margarine Fresh Fruit Cinnamon Roll</i></p> <p>OR</p> <p><i>Chicken Salad on Hamburger Bun Mediterranean Lentil Salad Fresh Fruit</i></p> <p><i>Vegetarian: Mac &amp; Cheese</i></p>	<p><b>31) Offices Closed</b></p> 

PLEASE CHOOSE ONE OF THE ABOVE OPTIONS. VEGETARIAN MEALS WILL BE SERVED WITH THE HOT MEAL SIDES. ALL MEALS ARE SERVED WITH MILK AND JUICE. ALL MEAL CANCELLATIONS MUST BE SUBMITTED TO SNP NO LATER THAN 11:30 AM THE DAY PRIOR TO MEAL SERVICE.

Follow these tips to get the most out of the produce you bring home:

- **BUY FROZEN:** Frozen (and canned) foods are nutritious, convenient, and prevent waste.
- **PLAN AHEAD:** Buy only the amount of fresh fruit and vegetables you believe you can use promptly.
- **KNOW HOW TO STORE:** Some, but not all, produce should be refrigerated.
- **WASTE NOT:** Save produce no longer at its prime by freezing for other uses.